

	DILLUNS			DIMARTS			DIMECRES			DIJOUS			DIVENDRES			DISSABTE			DIUMENGE			
		D	E		D	E		D	E		D	E		D	E		D	E		D	E	
7:15h	BODYPUMP	45'	S1	CYCLING	45'	SC	BODYBALANCE	45'	S1	CYCLING	45'	SC	BODYPUMP	45'	S1							
8:15h	ABDOMINALS	30'	S1	TRX	30'	EXT	ESTIRAMENTS	30'	S1	TRX	30'	EXT	ABDOMINALS	30'	S1							
9:15h	BODYPUMP	45'	S1	ZUMBA	45'	S1	STEP	45'	S1	SH'BAM	45'	S1	BODYPUMP	45'	S1							
9:30h	AIGUAGIM	45'	PISC	AIGUAGIM	45'	PISC	AIGUAGIM	45'	PISC	AIGUAGIM	45'	PISC	AIGUAGIM	45'	PISC	BODYBALANCE	45'	S1				
10:15h	CYCLING	45'	SC	BODYBALANCE	45'	S1	CYCLING	45'	SC	BODYBALANCE	45'	S1	ZUMBA	45'	S1							
10:30h	AIGUAGIM	45'	PISC	AIGUAFIT	45'	PISC	AIGUAGIM	45'	PISC	AIGUAFIT	45'	PISC	AIGUAGIM	45'	PISC	AIGUAFIT	45'	PISC	CROSS TRAINING	30'	EXT	
11:15h				CYCLING	45'	SC				CYCLING	45'	SC	CYCLING	45'	SC	CYCLING	45'	SC	CYCLING	45'	SC	
11:30h	ESTIRAMENTS	45'	S1				GIM GRAN	45'	S1				ESTIRAMENTS	45'	S1							
12:00h															ZUMBA	45'	S1					
13:15h	TRX	30'	EXT				TRX	30'	EXT				TRX	30'	EXT							
14:00h	CYCLING	45'	SC	BODYPUMP	45'	S1	CYCLING	45'	SC	BODYPUMP	45'	S1	AQUAFITMAT	45'	PISC							
15:15h	BODYPUMP	45'	S1	COND. TOTAL	45'	S1	AQUAFITMAT	45'	PISC	STEP	45'	S1	CYCLING	45'	SC							
16:15h	BODYBALANCE	30'	S1	CROSS TRAINING	30'	EXT	CROSS TRAINING	30'	EXT	CROSS TRAINING	30'	EXT	BODYPUMP	30'	S1							
17:00h	COND. TOTAL	45'	S1	GAC	45'	S1	BODYPUMP	45'	S1	BODYBALANCE	45'	S1	ZUMBA	45'	S1							
18:00h	BODYBALANCE	45'	S1	ZUMBA	45'	S1	STEP	45'	S1	SH'BAM	45'	S1	COND. TOTAL	45'	S1							
18:15h	CYCLING	45'	SC	CYCLING	45'	SC	CYCLING	45'	SC	CYCLING	45'	SC	CYCLING	45'	SC							
19:00h	SH'BAM	45'	S1	BODYPUMP	45'	S1	ZUMBA	45'	S1	GAC	45'	S1	STEP	45'	S1							
19:15h	AIGUAFIT	45'	PISC	AIGUAFIT	30'	PISC	AIGUAFIT	45'	PISC	AIGUAFIT	30'	PISC	AIGUAFIT	45'	PISC							
19:30h	CROSS TRAINING	30'	EXT	CROSS TRAINING	30'	EXT	CROSS TRAINING	30'	EXT	CROSS TRAINING	30'	EXT	CROSS TRAINING	30'	EXT							
20:00h	BODYPUMP	45'	S1	SH'BAM	45'	S1	BODYBALANCE	45'	S1	ZUMBA	45'	S1	BODYPUMP	45'	S1							
20:00h	CÓRRER	45'	HALL				AQUAFITMAT	45'	PISC													
20:00h	CYCLING	45'	SC	CYCLING	45'	SC	CYCLING	45'	SC	CYCLING	45'											

EXT: BOX EXTERIOR * PISC: PISCINA INTERIOR * S1: SALA AADD * SC: SALA CYCLING

*El centre es reserva el dret de variar les activitats oferides així com de no impartir-ne alguna en el supòsit d'impossibilitat material de substitució

